



Garten's Music

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www.wichitamusicacademy.com



June 2025

Music: Healing the Body and the Soul



Throughout history, music has been an important part of a community's culture. It allows people to express their feelings and communicate. Research also shows that music activates a variety of structures in the brain including emotion. It even has physical and mental benefits.
(See "Music Benefits" article on Page 2)

For many students in the Wichita Music Academy at Garten's Music, learning to make music is a fun hobby or activity they do in school. For

Goofin' Around Keyboard Student Rosie Brumit, playing is more than fun - it's healing.

"It helps me to have a positive outlook on life, even though life gets hard," she said. "I play every day, often for one to two hours a day. I have had chronic pain since 2004. Playing my organ is a tremendous relief."

Along with her chronic pain, Rosie said she often deals with depression, and playing also helps her mental well-being.

"My favorite music is sacred hymns," she said. "I remember as a child we always listened to the Gaithers while we cleaned the house. As I play, the words to those songs speak peace and comfort to me."

Rosie has been an active student in the Goofin Around Keyboard classes since January 2017 and has developed many lifelong friends. She still remembers that first time she was introduced to the classes.

"Cindy brought some of the students to Orchard Park Senior Center to play Christmas music while we had our Christmas Luncheon," Rosie recounted. "They offered door prizes, and two of those prizes were gift certificates to join the Goofin' classes. I was impressed with the music and thought, 'I sure would love to do that.' I was so hoping they would draw my name."

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Music Benefits

Physical & Mental Benefits of Music

Written By: Cindy Houston

Listening to or making music triggers the release of dopamine, the “feel good” brain chemical that makes us feel pleasure and enjoyment. This is most beneficial when we select music that we enjoy: songs from our youth, a genre we like, or songs of faith.

Sound processing (listening) begins in the brainstem, which also controls the heart rate, respiration rate, and blood pressure. Therefore, music can affect us physically! Studies have shown that listening to or playing music can:

- ease pain, stress, anxiety, depression
- help reduce pain and anxiety as patients recover from surgery
- enable people to exercise more effectively and longer
- improve blood vessel function by relaxing arteries
- aid speech recovery in stroke survivors by singing
- steady the gait of stroke and Parkinson’s patients

Listen to or make music! You’ll feel better!

More “Music Benefits” coming in next month’s newsletter.

Goofin’ Around Class Graduation

Congratulations to our recent graduates of the Goofin’ Around Keyboard Class.

Graduates of the Goofin’ Around “Best Jazz Standards Ever - Part 2” Class are: Back row from left Joan Davis, Fred Washington, Sheryl Knott, and Karen Armstrong. Front row from left Brenda Banta, Eva Ornelas and Joan Welborn.

Not Pictured: LaJuan Hutcherson.



Graduates of the Goofin’ Around “Best Easy Listening Songs Ever - Part 2” Class are: Back row from left Debra Higgs, Brent Kleeman, and Nancy Wiard. Front row from left is Lisa Shorter, Rosie Brumit, and Marsha Helmer.

Not Pictured: Connie Profaizer and Wanda Shaw



Mark your calendars!

Upcoming classes and gatherings at Garten's Music:

Music Makers

Our Goofin' Around Keyboard Class students enjoy a "Name That Tune" game, playing tips, new song books and great music!

FRIDAY, JUNE 20
2 p.m.

Theme: "Crooners"

FRIDAY, JULY 18
2 p.m.

Theme:
"Songs from the 1800's"

Goofin' Around Classes:

New classes are starting soon.
Come out and join us!

Call 316-942-1337,
text 316-661-6605,
email info@gartensmusic.com, or
speak to a staff member.

Goofin' Around Class Graduation (Cont.)



(LEFT) Graduates of the Goofin' Around "Best Songs Ever - Part 2" Class are: Back row from left Cindy Thorsell, Brent Kleeman, Karen Stocks, and Kaye Stevens. Front row from left Sheryl Knott, Nancy Pickler, and Diana Friend.

Not Pictured: Barbara Booher, Judy Foy, Hilde Yops, and Jennifer Lewis.



(RIGHT) Graduates of the Goofin' Around "Lowrey Magic Red 3" Class are: Back row from left Faye Olson, Paula Moorhouse, and Arletha Farrell. Front row from left Reatha Stucky and Chery Privett.

Not Pictured: Cynthia Martinez and Kim Erney.



(LEFT) Graduates of the Goofin' Around "Lowrey Magic Red 1" Class are: Back row from left is Randy Gordon, Marilyn Gordon, Mike Pippig, Kevin Canfield, Jolene Kaufman, Doug Kaufman, and Richard Javurek. Second row from left: Audrey Canfield, Bonnie Washington, Eileen Asoian, and Terri Kelley. Front row from left Diane Wilson and Steve Wilson.

Not Pictured: Rachel Parrish and Salyna Hubbey.



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Refer a Friend, Get \$25 Cash

*Hey WMA students!
Want to have fun learning
to play music with
your friends?
How about earning an extra
\$25 cash while you do?*

Through the WMA Student Referral Program, current Wichita Music Academy students earn \$25 cash for every new student they refer to us.

How? It's easy!

- 1.) Invite your friends.
- 2.) Give them a copy of the Student Referral Form with your name.
- 3.) Your friend brings the completed flyer when they enroll.
- 4.) You get \$25 cash!

Music

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Rosie described how disappointed she was when the first one went to someone else. Then how that disappointment turned to pure joy when her name was called for the second. After the presentation, she practically ran to Cindy asking, "When can I start?"

"I've never looked back. I look forward to class every week and Music Makers each month. This is one of the best things I have had the privilege to be involved in."

Rosie invites others to join her.

"I promise that you will not be disappointed. I am so thankful for our teachers (Cindy and Mark). They have committed themselves to teaching all levels of students every week."

Goofin' Around Keyboard Classes are held Tuesdays, Wednesdays, and Thursdays for 1 hour, once a week over 10 weeks. To learn more or to sign-up, call 316-942-1337, text 316-661-6605, email info@gartensmusic.com, or speak to a staff member today.

SIGN-UP FOR WICHITA MUSIC ACADEMY LESSONS AT GARTEN'S MUSIC AND GET:

- 1 Free lesson - \$26 value
- \$25 Enrollment Fee Waived
- \$25 retail gift certificate

\$76 Value

Expires June 7, 2025

Must present coupon.
Cannot be combined with any other offer.
Limit 1 per household. For new students only.



www.gartensmusic.com
info@gartensmusic.com
Call: 316-942-1337/Text: 316-661-6605

Facebook: @gartensmusic
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Enroll in Music Lessons!

The Wichita Music Academy
offers instruction in:

piano, keyboard, voice,
guitar, bass, ukulele,
cello, violin, viola,
brass, woodwinds,
drums and percussion!

Call 316-942-1337, text 316-661-6605,
email info@gartensmusic.com,
or speak to a staff member
to enroll today.